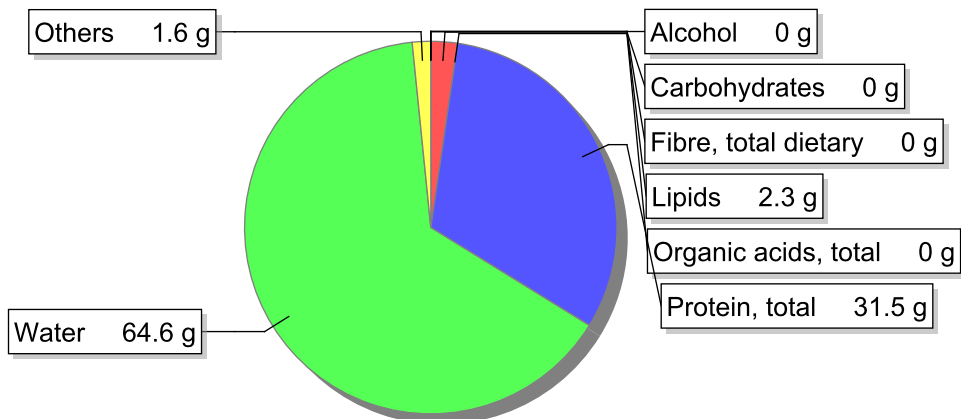


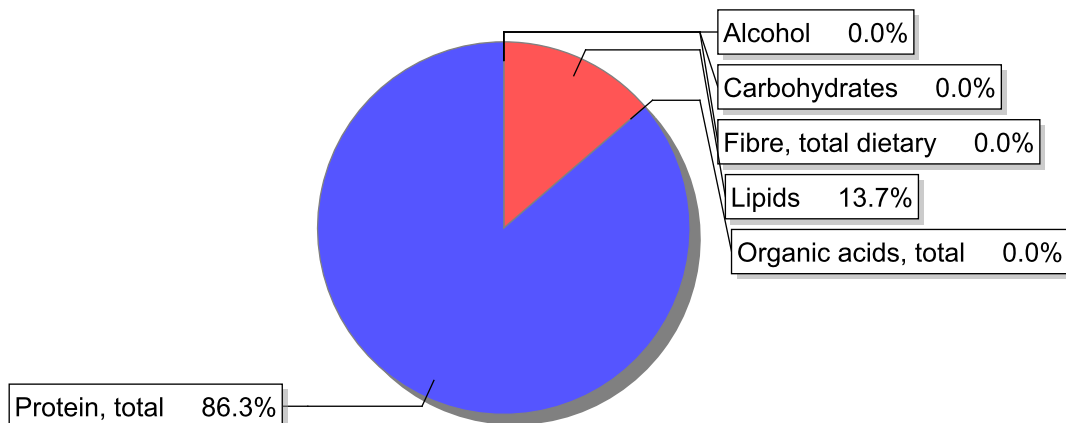
Food

Name: Chicken, leg, meat only, boiled
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 24%
Code: IS262
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	147	kcal	
energy kJ, total metabolisable	621	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
starch, total	0	g	
protein, total	31.5	g	
alcohol	0	g	
water	64.6	g	
organic acids, total	0	g	
cholesterol	135	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.1	mg	
riboflavin	0.29	mg	
niacin, preformed	5	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5.9	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0.85	µg	
vitamin C	0	mg	
folate, total	7.7	µg	
iodide	2.4	µg	1138
sodium	250	mg	
potassium	310	mg	
calcium	23	mg	
phosphorus	190	mg	
magnesium	24	mg	
iron, total	1.6	mg	
zinc	1.6	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB